What is claim d is:

1) The improvement of swimming mask, characterized that the resilient bands are formed integrally to both sides of mask body, thereby simplifying the structure between mask body and bands.
2) The improvement of swimming mask as claimed in claim 1, the joint portion of between mask body and bands are enlarged.
3) The improvement of swimming mask as claimed in claim 1, the ends of said bands can be connected integrally.
4) The improvement of swimming mask as claimed in claim 1, the ends of said bands can be forked into two string.